



# KIDS NEWS

Naval Medical Center San Diego  
Department of Pediatrics

## Kids and Cars

Did you know that unintentional injuries are the leading cause of death for children under the age of 14? The majority of these injuries are predictable and preventable occurrences. California law states that children must be in appropriate child passenger restraints (safety seat or booster seat) until they are at least 6 years old or weigh at least 60 lbs.

Most people think they are using their car seat correctly, but trained checkers find an average of 3-5 mistakes per seat that could possibly endanger the life they were meant to protect. Child Safety Seat Checkups give parents an opportunity to receive instruction on how their children can get the best protection in their car.

(Source: Children's Hospital Safe Kids Coalition)

The following list of Safety Seat Checkups in San Diego County will give you options for having an expert check the installation of your child's safety or booster seat:

✓ On the 1<sup>st</sup> and 3<sup>rd</sup> Tues-

day of the month the San Diego Police Department conducts Safety Checkups at the Scripps Ranch Community Center, 11885 Cyprus Canyon Road, San Diego. The hours are from 8:30 a.m. until 11 a.m. and 12 noon until 3 p.m. Sign-ups are at 8 a.m. and 11:30 a.m.

✓ Every month at the Toys R Us, 8790 Grossmont Avenue, La Mesa. Call store for hours.

✓ Every Tuesday, the La Mesa Police Department conducts Safety Checkups from 10 a.m. until 12 noon at 8181 Alison Avenue, La Mesa

✓ On the 4<sup>th</sup> Wednesday of the month, the Oceanside Police Department conducts Safety Checkups. Call **760.435.4900** for details.

✓ The California Highway Patrol will set appointment times for Safety Checkups. For the Pacific Highway location, call **619.220.5492**. For the El Cajon location, call **619.401.2000**. For the Oceanside location, call **760.757.1675**.

For more information on

Safety Seat law and guidelines, check the CHP website at:

[www.chp.ca.gov/html/boosterseats.html](http://www.chp.ca.gov/html/boosterseats.html)



Last year, according to the National Highway Transportation Safety Administration's analysis, more than 5,000 youths between 16 and 20 died in vehicle crashes, a rate of traffic fatalities twice that of people over 21. More than 60 percent of these young people weren't wearing seat belts---which, sadly, is still progress from over a decade ago, when 75 percent of youths didn't buckle up.

Encourage your teens to wear their seatbelts and set a good example by always buckling up yourself!

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## Special points of interest:

- ☺ Kids and Cars
- ☺ Fun in the Sun
- ☺ Traveling with Kids
- ☺ Deployment and your family
- ☺ Nutrition Tips
- ☺ School/Sports Physicals

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## Take them with you!

Remember that your car is not a babysitter. Last year, there were 42 preventable tragedies involving infants and children left in cars, trucks and vans. They died from hyperthermia which results when a vehicle left in the sun warms at an alarming rate to temperatures that are lethal to humans and pets. Even when the outside air temperature is only 70 degrees, an enclosed vehicle can reach 120 degrees.

A recent study at San Francisco State University found that within the **first 10 minutes** the temperature in an enclosed vehicle will rise an

average of 19 degrees or 82% of its eventual one hour rise. These rapid rises can push the temperatures inside a car, truck or van well above deadly levels.

Heatstroke occurs when the body temperature reaches 104 degrees F and a body temperature of 107 degrees is considered lethal. Because of their smaller body mass and ability to cool themselves, children are particularly vulnerable.

Even if you plan to be gone for "just five minutes", the baby fell asleep and you don't want to wake her/him, remember these statistics and TAKE

**THEM WITH YOU!** If you see an infant or child left alone in a vehicle, get help immediately.

The following chart illustrates how quickly this happens:

Elapsed Time	Average Rise
10 minutes	19 deg. F
20 minutes	29 deg. F
30 minutes	34 deg. F
60 minutes	43 deg. F

## Fun in the Sun

Summer activities often involve being outdoors for long periods of time. With a little extra planning and awareness of the symptoms of heat-related illnesses, you can make summer a fun and safe time.

First rule: HYDRATE, HYDRATE, HYDRATE! Your child should always increase his/her fluid intake in hot weather, especially while exercising. Encourage children to drink readily available liquids regularly. Water is best and it's a good habit to instill early in life-choosing water over sugary sodas or fruit juices.

Heat-related illnesses increasing in severity begin with:

Heat cramps-Brief, severe cramps in the muscles of the leg, arm or abdomen which may occur after vigorous exercise in extreme heat. Most heat cramps do not require

special treatment. Rest in a cool place and fluids should ease the child's discomfort. Massaging cramped muscles may also help.

Heat exhaustion-This is a more severe heat illness. Symptoms can include dehydration (intense thirst), fatigue, weakness and clammy skin. The child may also have a headache, nausea and/or vomiting, hyperventilation (rapid breathing) or irritability.

*What to do:*

- ⇒ Bring the child indoors or into the shade.
- ⇒ Loosen or remove clothing.
- ⇒ Encourage food and drink.
- ⇒ Give a bath in cool water.
- ⇒ Call your health care provider for further advice.
- ⇒ If left untreated, heat exhaustion may escalate into heat stroke, which can be fatal.

Heatstroke-This is the most severe form of heat illness. It is a life-threatening emergency. Factors that increase the risk for heatstroke include overdressing and extreme physical exertion in hot weather.

*What to do:*

Call for emergency medical help if your child shows one or more of the following symptoms:

- ⇒ Headache
- ⇒ Dizziness or weakness
- ⇒ Disorientation, agitation or confusion
- ⇒ Sluggishness or fatigue
- ⇒ Seizure
- ⇒ Hot, dry skin
- ⇒ Temperature of 105 degrees or higher
- ⇒ Loss of consciousness

While waiting for help, get the child indoors or into the shade, undress her/him and sponge or douse her/him with cool water.

(Adapted from the American Medical Association)

## Healthy Swimming Tips

### Parents:

- ⇒ DO take your child to the toilet for bathroom breaks often. Waiting to hear "I have to go" may mean it's too late.
  - ⇒ DO change diapers in a bathroom, not near the pool or shore. Germs can contaminate surfaces and objects around the water.
  - ⇒ DO wash your child thoroughly (especially his or her bottom) with soap and water before swimming.
  - ⇒ DO NOT count on swim diapers or pants to keep fecal matter from leaking into the water. These products are not leak-proof.
  - ⇒ DO keep an eye on your child at all times. Remember, kids can drown in silence.
  - ⇒ DO protect your child against sunburn with at least SPF 15 and both UVA and UVB protection. Be sure to reapply it after swimming.
  - ⇒ DO NOT allow your child to chew gum or eat while swimming or playing in the water. Chewing or eating while swimming could cause choking.
- (Adapted from the CDC)



## Practicing Water Safety

### To Protect Children:

- ⇒ Never leave a child unsupervised around water, including a pool, wading pool, spa, bathtub or even a 5-gallon bucket of water. Flotation devices are not a substitute for constant adult supervision.
- ⇒ Completely enclose pools with a self-locking, self-closing fence with vertical bars.
- ⇒ Keep basic life-saving equipment (such as a pole, rope and a throwable personal flotation device) by the pool and know how to use it.
- ⇒ If your child comes into frequent contact with bodies of water, enroll your child in a water safety course or swimming course.
- ⇒ Empty water out of blow-up pools and put them away after each use.
- ⇒ Teach your older children (adolescents and teenagers) to practice the "buddy system" and never swim alone.
- ⇒ Parents should take a cardiopulmonary (CPR) course which teaches basic life-saving techniques in case someone stops breathing. (Adapted from ARC)

## Stork Parking and Moms Survival Training

For all our expectant Moms, there is Stork parking available at the hospital complex if you are 32 weeks (8 months) pregnant and display a permit on your dashboard. This permit is good for 4 months only. Check with your OB/GYN Clinic for more information.

The schedule for Mom's Survival Training through the end of the year

is as follows:

- ⇒ Friday, 6 August
- ⇒ Friday, 3 September
- ⇒ Friday, 1 October
- ⇒ Friday, 12 November
- ⇒ Friday, 10 December

All classes are held at the

32nd St. Naval Base Housing Office from 9:45 a.m. until 3:15 p.m.

Please call **619.532.6912** for more information. Call **619.532.6846** to register for a scheduled class. Space is limited so be sure to register early!

## Road Trip!

Your trip will be more pleasant and comfortable for everyone if you follow these rules consistently, wherever you are.

- ⇒ Don't allow yelling, hitting, biting or loud noisemaking.
- ⇒ Don't allow children to touch door handles.
- ⇒ Never let a child play alone in the car.
- ⇒ Remind children to be considerate of other people in the car.
- ⇒ Insist in a calm but firm voice that children remain buckled up with their seat belts and that

toddlers stay in their car seats.

### Travel Activities:

- ⇒ Keep a variety of books and small toys in the car within your child's reach.
- ⇒ Keep several CD's of children's songs or stories in the car. Encourage your child to sing along.
- ⇒ Stop at least every two hours to break up the trip. This allows your child to stretch, perhaps eat a snack, and have a diaper change or use the toilet.
- ⇒ If your child is prone to motion sickness, it may help to give her/

him an appropriate dose of Dramamine a half hour before getting in the car.

- ⇒ Talk about the passing sights. Ask your child what she/he sees out the window.
- ⇒ For longer trips, bring along a small box filled with age-appropriate activity materials such as coloring or activity books, crayons, paper, stickers, pop-beads or an Etch-A-Sketch. Do not allow scissors in the car—they could be hazardous in the event of a sudden stop.

(Adapted from AAP)

## Air Travel

### Tips for Safe Air Travel with Children:

- ⇒ Ensure that your car seat has received FAA approval -there should be a label on the restraint reading: "This restraint is certified for use in motor vehicles and aircraft."
- ⇒ Check the width of your car seat. A car seat no wider than 16

inches should fit in most coach seats.

- ⇒ Purchasing an airline ticket (discounted or full fare) is the only way to guarantee that you will be able to use a car seat. Some airlines allow parents to fly with young children on their laps. The American Academy of Pediatrics does not support this prac-

tice and recommends that all children be secured in their own seat during air travel.

- ⇒ If you purchase a ticket for your child, reserve adjoining seats. Car seats must be placed in a window seat so it will not block the escape path in an emergency. A car seat may not be placed in an exit row. (Adapted from AAP)

## When a Parent Goes to War

Deployment of parents to a dangerous area may leave children frightened and insecure, wondering whether Mom or Dad will come home safely. Children may display a variety of emotional responses and it is im-



portant to recognize that these responses are normal. How a parent reacts will make a great difference in the child's understanding and recovery.

### Children 5 years old and younger:

Typical reactions can include symptoms of separation anxiety-crying, whimpering, trembling and excessive clinging. They may also return to behaviors of a younger age, such as thumb-sucking, bedwetting and a fear of darkness. Do not criticize the child for these behaviors as they are normal. (Continued on Page 5)



## (When a Parent Goes to War-Continued from Page 4)

mal in this situation. Reassure them that you will keep them safe and maintain normal routines as much as possible while limiting media exposure.

### School-age Children:

Children 6-11 years old may show refusal to attend school, withdrawal, disruptive behavior and/or inability to pay attention, sleep problems and outbursts of anger or fighting. They may also complain of stomachaches or other bodily symptoms that have no medical basis. Schoolwork often suffers, and depression, anxiety or flatness may be present. Children this age are more aware of what's going on and have probably discussed things at school. Ask them if they have questions and tell them what you know without exaggerating or overreacting. Limit TV coverage and try to spend extra time together to provide reassurance. Allow children to cry and be sad. Don't expect them to be brave and tough.

If you are feeling overwhelmed and worry you won't be able to cope, don't share this with your young children. If you need help coping, seek support from your ombudsperson, local Family Services Center or your health care

provider.

### Adolescents ages 12-17:

Adolescents may exhibit symptoms similar to adults, such as anxiety, depression and substance abuse. Also common are withdrawal and isolation, physical complaints, school avoidance and academic decline. Children this age have probably seen many tragic images on TV, the internet and in magazines.

Be reassuring but don't make unrealistic promises. Let them know how you are feeling. It's okay for children ages 12 and up to know that you are scared, anxious, or preoccupied by recent events. Children will usually pick up on it anyway and if you don't explain the cause, they may think it is their fault.

Most children and adolescents, if given the support described above, will be able to cope with the stress of their parent's deployment to a dangerous zone until they return. Clearly, some children and adolescents will need more help perhaps over a longer period of time in order to heal and reduce their anxiety. It is important to identify those who are in need of more intensive support. If your child is showing the persistent symptoms

we discussed, the first step would be to contact your pediatrician. If necessary, they can help you obtain a referral for mental health care for your child.

Don't forget there are other resources which may be helpful as well. Teachers, school administrators, school counselors, coaches and religious youth leaders can all be tremendous support resources.

Keep up with your child's school and extra-curricular activities and try to maintain their normal routine. Exercise and fun are important ways for them (and YOU) to deal with their stress.

(Adapted from LIFELINES)

For more information visit their website at:

[www.lifelines.navy.mil](http://www.lifelines.navy.mil)



## Helping kids enjoy more Fruits and Veggies

It can be tough to get kids to eat a variety of fruits and vegetables. Don't force the foods, but continue to offer a variety. Try these ideas:

- ⇒ **Set a good example by eating fruits and vegetables yourself.** You are a role model in so many ways...eating is no exception. When your kids see you eating and *enjoying* fruits and vegeta-

bles, they will too.

- ⇒ **Offer lots of choices.** Give children a choice of fruits for lunch. Let them help decide on the dinner vegetables or what goes into the salad.
- ⇒ **Let your children help.** Kids enjoy helping in the kitchen and are often more willing to eat foods they help choose and prepare. De-

pending on their ages, kids can help shop for, clean and prepare fruits and vegetables.

- ⇒ **Keep foods separate.** Kids often prefer foods served separately. If they want to mix peas and corn, let them do it themselves.

(Adapted from the Center for Nutrition Policy and Promotion-US Dept. of Agriculture)

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Visit us online at:  
[www.nmcscd.med.navy.mil](http://www.nmcscd.med.navy.mil)



**School/Sports Physicals are coming to you!!!**

For Military Dependents with valid ID:

<u>PLACE</u>	<u>DATE</u>	<u>TIME</u>
Silver Strand Community Center	August 4th (Wed)	12:00 - 4:00
1408 Leyte Road	August 11th (Wed)	12:00 - 4:00
Miramar Teen Center	August 23rd (Mon)	8:00 -4:00
MCAS Miramar (next to Med. Clinic)	August 25th (Wed)	8:00 -4:00
Chesterton Community Center	August 17th (Tues)	9:00 -2:00
7427 Linda Vista Road	August 31st (Tues)	9:00 -2:00
Murphy Canyon Chapel	August 19th (Thurs)	12:00 -4:00
3200 Santo Road	September 1st (Wed)	12:00 -4:00

**Make sure you bring:**

- ⇒ Military ID
- ⇒ Immunization Yellow Cards (shot record)
- ⇒ Any school physical forms
- ⇒ Parents must be present for immunizations

**First come, first serve. No appointment needed.**

For any questions, please call  
**619.532.8225**

School/Sports Physicals information brought to you by NMCSD Marketing Dept.